

# SELF-CARE GUIDE SHEET

*The practice of taking an active role in protecting one's own well-being.*

## 5 Ideas for Intentional Living

Become the BEST version of yourself

*Take action to preserve your health by focusing on these 5 areas of self-care.*

*Incorporate the practical tips below and make adjustments that fit your life/schedule.*

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### EMOTIONAL/MENTAL

*There is nothing more powerful than a changed mind. -Pastor T.D. Jakes*

- Acknowledge the power you have in your mind.
- Practice journaling, meditation, reflection, saying "No."
- Seek support from a licensed mental health professional.

### FINANCIAL

*Money is a terrible master, but an excellent servant. -P.T. Barnum*

- Start where you are- any amount of savings can make a difference!
- Budget (review bills), plan for the future, know your credit score.
- Set goals: Short-term, Medium-term, Long-term- and stick to them.

### PHYSICAL

*A muscle is like a car...if you want it to run well, you have to warm it up. -Flo Jo*

- Use food as a tool for healing and energy, not comfort.
- Move your body. Exercise to keep your body healthy and strong.
- Sleep and allow your body to REST.

### SOCIAL

*Worry more about being social, worry less about doing social media. -Jay Baer*

- Make a list of things you like to do that are only about YOU.
- Spend time reconnecting with friends and family.
- Follow through with the commitments you make to yourself.

### SPIRITUAL

*Much of spiritual life is self-acceptance, maybe all of it. -Jack Kornfield*

- Connect with the power that is within you.
- Read uplifting text, pray, meditate, rest, have quiet time
- Attend religious services to connect with others.

# MY SELF-CARE PLAN

*The practice of taking an active role in protecting one's own well-being.*



Become the BEST version of yourself - Be INTENTIONAL about it!

*Use the spaces below to write down practical self-care tips that fit your life/schedule.*

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